

5 A Day Week 2001 Recipes

5 A Day with 5 Locations

Apple-Hazelnut Salad In A Cup

Serves 1

- 2 Tbsp. nonfat, bottled raspberry vinaigrette
- 1 apple, diced
- ¼ cup dried fruit tidbits (available in the dried fruit section, in cranberry-orange and other flavors)
- 2 Tbsp. chopped hazelnuts (available in small bags in the baking section)
- 1 cup pre-cut mixed greens, rinsed and drained well (from a bag or by the pound)

Layer ingredients, in order, in a large, travel-proof, lidded, insulated cup. When ready to eat, grab a fork and shake the cup well. Enjoy!

Nutritional Analysis Per Serving

290 calories
51 grams carbohydrate
3 grams protein
9 grams fat
0.7 grams saturated fat
0 milligrams cholesterol
35 milligrams sodium
8 grams fiber
28% calories from fat
3 "5 A Day" servings